

Little Lungs
Home Environmental Assessment Questionnaire (HEAQC)

Patient Name: _____ Patient ID: _____

Clinic: _____ Asthma Coordinator: _____

Date of Assessment: _____

Have you noticed anything in your home environment that makes your child's asthma worse?

☐ yes ☐ no If yes, what? _____

A. SECONDHAND SMOKE:

Do you or does anyone living with you smoke? ☐ yes ☐ no

Does child spend time in another home? ☐ yes ☐ no
If yes, with whom? _____ how many hours per day? _____

At daycare or preschool? ☐ yes ☐ no

If yes, where? _____ how many hours per day? _____

Comments:

Goals:

Smoke from a burning cigarette, pipe, or cigar, and smoke breathed out by a smoker, are common asthma triggers. Make the commitment not to smoke in your home or car and don't let others do so either.

B. DUST MITES:

Are there carpet/rugs in the home that may collect dust and allow dust mites to grow in it?

☐ yes ☐ no

If yes, where?

How often do you vacuum your carpet? ☐ 1x/wk ☐ 2x/month ☐ 1x/month

Where do you wash your clothes?

☐ laundry at home ☐ laundromat ☐ other _____

When you **wash** your bed linen what water temperature do you use? ☐ hot ☐ warm ☐ cold

How often are they washed? ☐ 1x/wk ☐ 2x/month ☐ 1x/month

What kind of detergent do you use in your laundry? _____

What temperature is used to **dry** clothes? Check all that apply

☐ high temperature ☐ medium temperature ☐ low temperature

☐ hang on clothes line (inside/outside the house)

How often are curtains and stuffed animals washed? ☐ 1x/wk ☐ 2x/month ☐ 1x/month

☐ other _____

Does patient sleep with parents? ☐ yes ☐ no

If yes, what is the bed size? ☐ king ☐ queen ☐ full ☐ twin

Does patient sleep alone? ☐ yes ☐ no

If yes, what is the bed size? ☐ king ☐ queen ☐ full ☐ twin ☐ crib

Do you use zippered dust-proof mattress and/or pillow covers? ☐ yes ☐ no

Comments:

Goals:

Dust mites cannot be seen with the naked eye, but are found in all homes. They live in mattresses, pillows, carpets, fabric-covered furniture, bedcovers, clothes, and stuffed toys. Sheets and blankets need to be washed in hot water once a week. Buy washable stuffed toys and also wash these in hot water. Make sure they are dried thoroughly before you put them back in your child's room. Try to keep most stuffed toys off beds.

C. PETS:

Do you have pets? ☐ yes ☐ no

If yes, what kind of pets? _____ How many? _____

Are they kept? ☐ indoors ☐ outdoors

If you have pets and they are kept indoors, are they allowed to be on fabric-covered furniture, carpets, and/or stuffed toys? ☐ yes ☐ no

Comments:

Goals:

Pet's skin flakes, urine, and saliva can all be asthma triggers. If you have pets, try to keep them outdoors. Washing the pet weekly can help if you are committed to keeping a cat or dog. You might even want to find new homes for them. Do not let pets in the bedroom and other sleeping areas or areas the child spends a good deal of time in. Also keep the doors to these rooms closed.

D. MOLD:

Do you know how to identify mold in your home? ☐ yes ☐ no

If yes, is mold visible/odor where? _____

Do you have any leaky faucets or pipes in your home? ☐ yes ☐ no

Do you use exhaust fans in the kitchen? ☐ yes ☐ no

Do you use exhaust fans in the bathroom? ☐ yes ☐ no

Are there any windows in the house? ☐ yes ☐ no

If yes, do all windows open? _____

Comments:

Goals:

Molds grow on damp materials. Controlling moisture or wetness in the home will help to control mold. A mold problem should be cleaned up, and any moisture needs to be gotten rid of. Controlling moisture also helps to reduce other triggers, such as dust mites and cockroaches. Using an exhaust fan, if it is available, is especially important when showering, cooking, or using the dishwasher. Any mold present on hard surfaces should be washed off and dried completely. Ceiling tiles and carpet, which are absorbent materials, may need to be replaced.

E. PESTS:

- Are there pests? ☐ yes ☐ no
- If yes, what kind? ☐ cockroaches ☐ mice/rats ☐ other _____
- Do you wash your dishes soon after using them? ☐ yes ☐ no
- Do you wipe food preparation areas soon after using them? ☐ yes ☐ no
- Do you store your foods in? ☐ tightly sealed container ☐ plastic bags with twist ties
- How often do you mop the kitchen floor? ☐ every day ☐ several times per week
☐ other _____

Comments:

Goals:

Droppings or body parts of pests including cockroaches and rodents are common asthma triggers. To eliminate unwanted pests, don't leave food or garbage out and always store food in airtight containers. Try to use poison baits or traps before you use pesticide sprays. If you use sprays, limit spraying to the infected area and follow the instructions on the label. Also make sure that there is plenty of fresh air when you spray, and keep the person who has asthma out of the room.

AC Comments and plans for any future follow-up:

Revised on 12-06-02

Self management goals:

Adapted for use for from "Clear Your Home of Asthma Triggers," published by the Environmental Protection Agency (EPA), 1999.